

ANDOVER LEARN TO SKATE CURRICULUM

PALS- Parents and Little Skaters 3 and 4 Years

For a team of one child and one adult (parents, guardian, etc.) attending class together. Children will demonstrate increasing independence from parent on ice while progressing through the curriculum. 3 levels

PALS, LEVEL 1

This is a pre-skating class with parent on the ice. Games, songs, and structured activities help children adjust to the ice. Perfect for the apprehensive child.

- ☐ Get on/off ice *
- ☐ Stand w/ parent*
- ☐ Fall and get up*
- ☐ Get to class area*
- ☐ Stand alone*
- ☐ Fall down and get up alone*
- ☐ Get on/off ice alone*
- ☐ Walk or march across ice*

* Must pass all skills to move onto PALS 2

PALS, LEVEL 2

This class is for children eager to participate with a parent on the ice. Games, songs, and structured activities lead to parent's minimal assistance.

- ☐ Walk or march across ice*
- ☐ Two-foot glide w/parent*
- ☐ Frog hop w/ parent*
- ☐ Forward swizzles w/parent*
- ☐ Backward wiggles w/parent*
- ☐ Slalom
- ☐ Dip in place*
- ☐ Two-foot glide w/o parent*

* Must pass these skills to move onto PALS 3

PALS, LEVEL 3

This class is for children learning to skate independently, without a parent. Independent forward skating skills will be taught. (Parent observes all skills as child demonstrates independently)

- ☐ Frog Hop*
- ☐ Backward wiggles (2-3)*
- ☐ Snowplow Stop
- ☐ Dip While Moving*
- ☐ Two-foot Glide*
- ☐ Forward Slaloms (2-3)*
- ☐ Forward Swizzles (2-3)*

* Must pass these skills to move onto BASIC

BASIC

3 levels. This class is for cautious children who are inexperienced independent skaters. Children will quickly adjust to the ice and voluntarily attempt new skills. Skaters are comfortable on the ice alone. A helmet and figure or hockey skates are required.

BASIC, LEVEL 1

This class is for cautious children. Children will learn ice adjustment skills. Children will learn to enter and exit ice, skate forward and backwards, and basic fundamental skating skills.

- ☐ Fall and get up*
- ☐ Walk or march across ice*
- ☐ Dip in place*
- ☐ Backward wiggles
- ☐ Forward two-foot glide
- ☐ Frog Hop*

* Must pass these skills to move onto BASIC 2

BASIC, LEVEL 2

This class is for children who can skate swiftly forward with ease. Children will learn practice fundamental forward and backward skating skills along with edges and one-foot skating.

- ☐ Rocking Horse
- ☐ Dip while moving*
- ☐ Begin Snowplow Stop
- ☐ Backward Wiggles*
- ☐ Forward Swizzles*
- ☐ Right and Left Scooters*
- ☐ Slaloms
- ☐ Backward Swizzles
- ☐ Forward two-foot glide*

* Must pass these skills to move onto BASIC 3

BASIC, LEVEL 3

This is for class is for children who can skate forward and backwards with ease. Skaters will master fundamental forward and backward skating skills and learn turns.

- ☐ Rocking Horse*
- ☐ Airplane turn in both directions*
- ☐ Backward skating/wiggles to a glide*
- ☐ Two-foot turns*
- ☐ Snowplow Stop*
- ☐ Backward Swizzles*
- ☐ Slaloms*
- ☐ Forward two-foot glide*
- ☐ * Must pass all skills to move onto Freestyle 2 or Hockey Trax 2.

FREESTYLE 9 and up

6 levels. These classes are for beginner skaters. Skaters skate independently and freely. Figure skates are required.

Freestyle, Level 1- This is a class for beginning figure skaters. Skaters will practice forward and backward skating skills.

- ☐ Forward Skate across ice*
- ☐ Snowplow Stop
- ☐ Backward Wiggles*
- ☐ Forward two-foot glide*
- ☐ Dip while moving*
- ☐ Two-foot hop*
- ☐ Rocking Horse*
- ☐ Airplane Turns*

* Must pass these skills to move onto FREESTYLE 2

Freestyle, Level 2- This is a class for beginning figure skaters. Skaters will practice forward and backward edges, turns, and one-foot skating.

- ☐ Two-Foot Turns in both directions
- ☐ Backward skate and two-foot glide*
- ☐ Forward Swizzles (3+)*
- ☐ Backward Swizzles (3+)*
- ☐ One-foot glide right and left*
- ☐ Snowplow stop*
- ☐ Forward pumping left and right

* Must pass these skills to move onto FREESTYLE 3

Freestyle, Level 3- This is a class for beginner figure skaters. Skaters will refine their forward and backward skating skills and begin working on spins.

- ☐ Forward stroking*
- ☐ Forward to back swizzles*
- ☐ Forward lunge*
- ☐ Two foot turns in both directions*
- ☐ Forward pumping left and right*
- ☐ Two-foot spin (3 revolutions)*

* Must pass these skills to move onto FREESTYLE 4

Freestyle, Level 4- This is a class for figure skaters. Skaters will master forward and backward skating skills, work on spirals, spins, and back one-foot glides.

- ☐ Forward spirals*
- ☐ Waltz jump from a standstill*
- ☐ Forward crossovers on circle both right & left*
- ☐ Forward inside and outside edges*
- ☐ Back one-foot glides right and left from pumping*
- ☐ Two- foot spin (4 revolutions and exit)*

* Must pass these skills to move onto FREESTYLE 4

Freestyle, Level 5- This is a class for figure skaters. Skaters will practice stops, crossovers, hops, spirals, and one-foot spins.

- ☐ T-stop*
- ☐ Backward crossovers on circle (both directions)*
- ☐ Backward Spirals*
- ☐ Forward outside one-foot 3-turns right and left*
- ☐ Forward inside edges across ice (4-6)*
- ☐ One-foot spin (3 revolutions and exit)*
- ☐ Side toe hop*
- ☐ Waltz jump*

* Must pass these skills to move onto FREESTYLE 6

Freestyle, Level 6- This is a class for advanced figure skaters. Skaters will practice footwork across the ice, beginning spins, and beginning jumps.

- ☐ Back outside & inside edges in both directions*
- ☐ Forward inside 3-turns right and left*
- ☐ Forward outside 3-turns right and left*
- ☐ One-foot spin (3-5 revolutions and exit)*
- ☐ Mohawk*
- ☐ Mazurka*

* Must pass these skills to move onto FREESTYLE 7

HOCKEY TRAX

5 levels. These classes are for beginning hockey skaters through mites wanting to work on mastering edge work. Hockey skates and helmet required.

Hockey Trax, Level 1- This class is for cautious hockey skaters. Skaters are comfortable skating and can fall and get up independently. Skaters will learn forward and backward skating skills and on ice fundamentals.

- ☐ Get up correctly from a fall into hockey position*
- ☐ March across ice with beginning glide*
- ☐ Forward swizzles*
- ☐ Forward dip*
- ☐ Backward wiggles
- ☐ Snowplow stop

* Must pass these skills to move onto HOCKEY TRAX 2

Hockey Trax, Level 2- This class is for hockey skaters who can skate forward with ease. Skaters will learn forward edge work; begin backward edge work, glides, and hops.

- ☐ Forward stride across rink in hockey position*
- ☐ Beginning backward C-cuts
- ☐ Forward stride with 2-foot glide*
- ☐ Hockey Hops*
- ☐ Back Wiggles*
- ☐ One foot-glide (3 count)*
- ☐ Snowplow stop*

* Must pass these skills to move onto HOCKEY TRAX 3

Hockey Trax, Level 3- This class is for hockey skaters who can skate forward and backwards with ease. Skaters will learn backward glides, edgework, cuts, and stops.

- ☐ Forward stride and snowplow stop*
- ☐ Backward C-cuts across ice*
- ☐ Forward hockey turns in both directions*
- ☐ Back one-foot glides*
- ☐ Short lateral stationary stickhandling*
- ☐ Short lateral stickhandling across ice*

* Must pass these skills to move onto HOCKEY TRAX 4

Hockey Trax, Level 4- This class is for hockey skaters who want to master edge work. Skaters will practice forward and backwards glides, cuts, edgework, and stops all with speed.

- ☐ Forward stride, hockey turn, stride, and hockey stop*
- ☐ Backward C-cuts with speed*
- ☐ Inside/outside edge with stick*
- ☐ Hockey stop to full stop*
- ☐ Wide lateral stationary stickhandling*
- ☐ Front to back stickhandling*
- ☐ Short lateral stickhandling around cones*
- ☐ Stop to start with puck*

* Must pass these skills to move onto HOCKEY TRAX 5

Hockey Trax, Level 5- This is a class for hockey skaters who want to master skating speed, style, and edgework. Skaters will master cuts, skating and gliding through cones, backward in and outs, and personal skating goals.

- ☐ Backward C-cuts while carrying puck*
- ☐ Hockey stops right and left with speed to full stop, with puck*
- ☐ Inside/outside edges with puck*
- ☐ Hockey turns around cones with puck control*
- ☐ Diagonal stickhandling*
- ☐ One way pulls on cones*
- ☐ Skating speed with puck control*

* Must pass these skills to move on.



Pre-Teen – Adult Skating Classes – This class is for pre-teens through adult who want to learn new skills and balance techniques. Skate coach will work with each individual in a group setting, teaching skaters new skills needed to advance.

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